

ASIAN LIFE

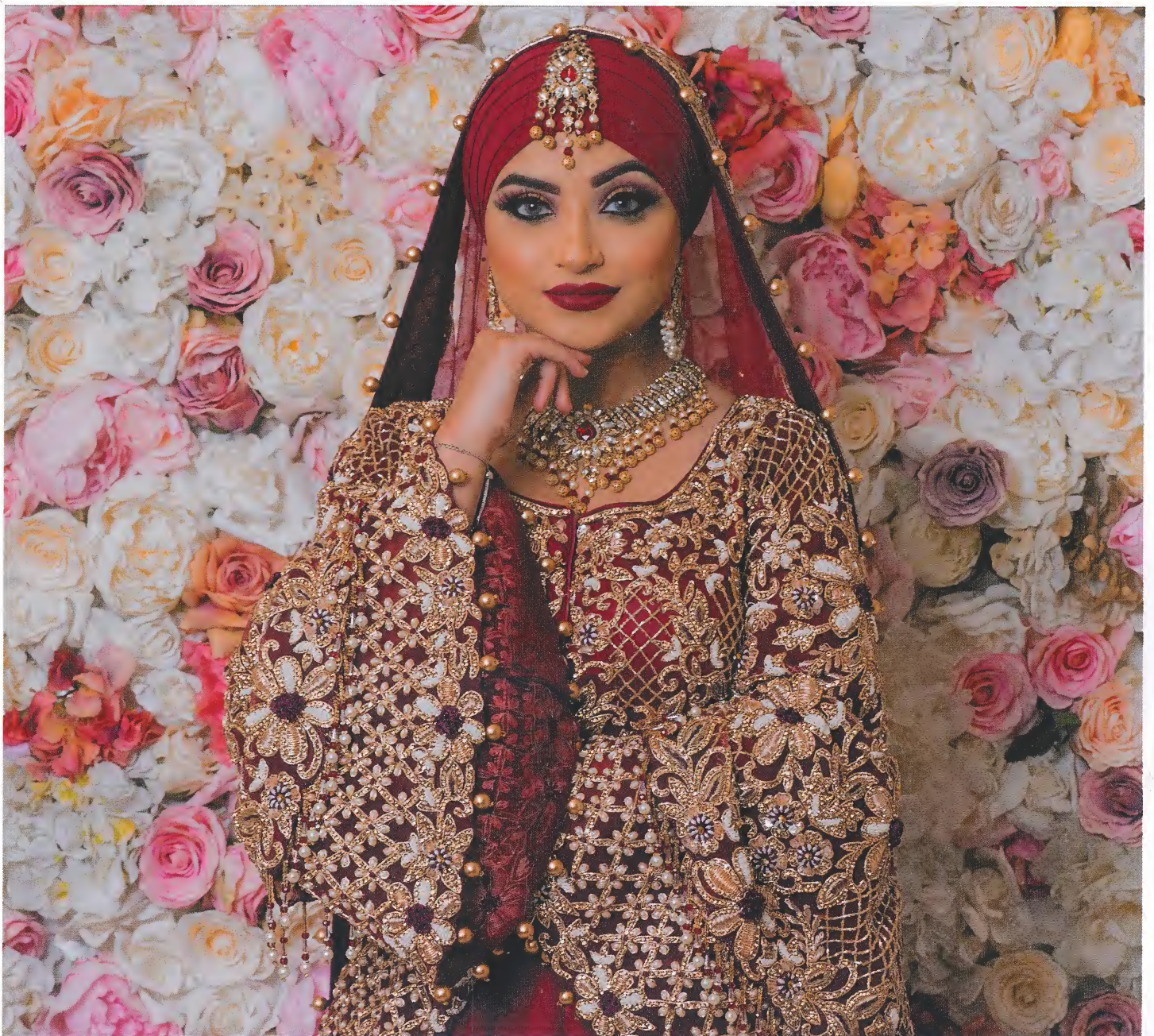
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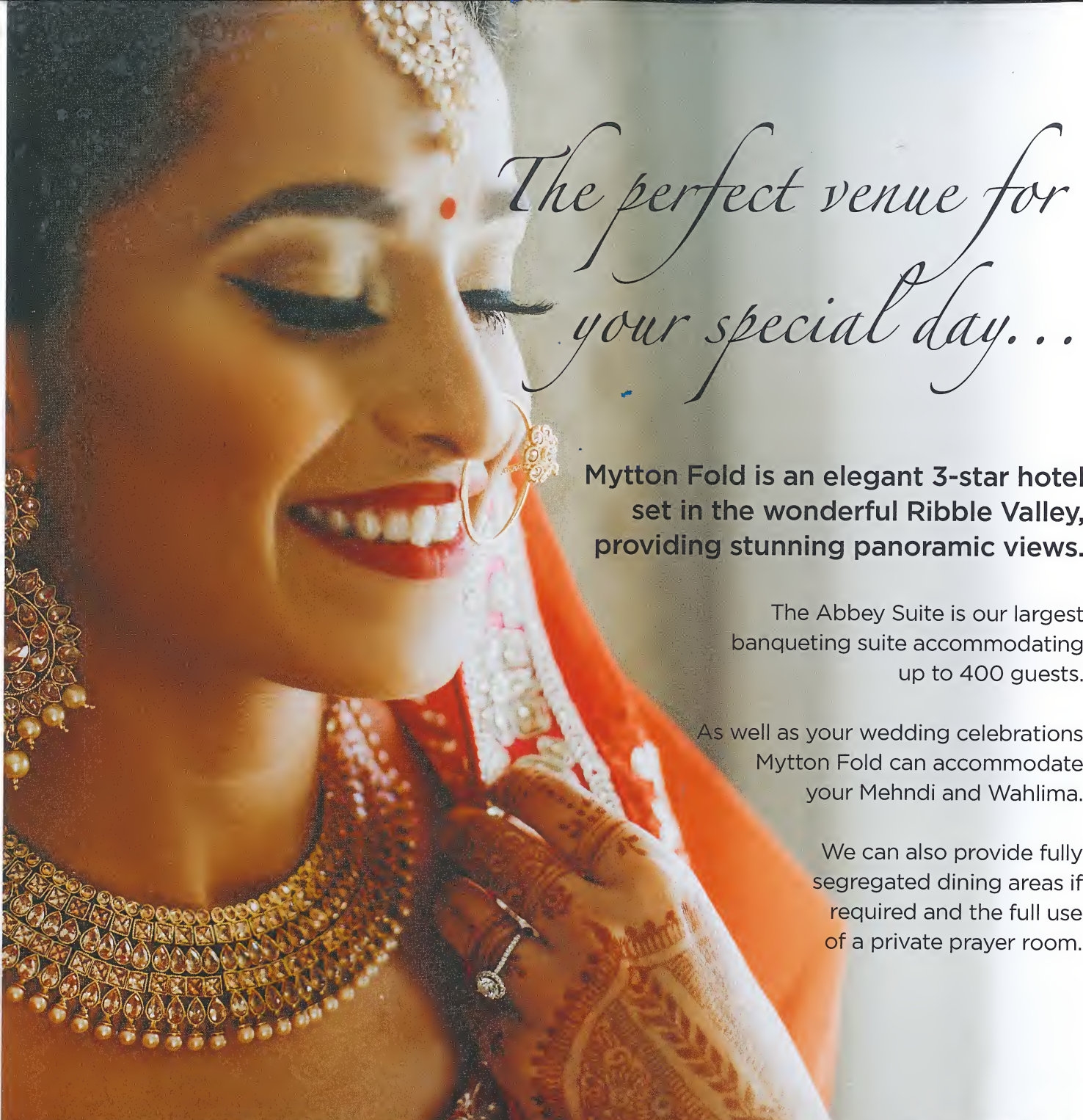
| ISSUE 12

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CELEBRATING ASIAN LIFESTYLE AND CULTURE ACROSS THE NORTH WEST AND YORKSHIRE



HIJAB STYLIST ZOLEKHA SHARES THE SECRETS BEHIND HER MOST INSPIRING CREATIONS



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WELCOME



THE FESTIVAL OF DIWALI IS BEING CELEBRATED ACROSS YORKSHIRE AND THE NORTH WEST. A WHOLE HOST OF EVENTS TAKE PLACE AHEAD OF THE FESTIVAL. IN OUR PICTURE OF THE MONTH, CHILDREN GATHER AT THE BOLTON INDIAN SPORTS CLUB TO MARK DUSSEHRA — A TRADITION TO REMEMBER THE HINDU GOD RAMA'S VICTORY OVER THE DEMON RAVANA.

It has been a year already! Welcome to the North West and Yorkshire edition of Asian Life Magazine. In this edition we speak to Zolekha Bibi who began her journey as a professional hijab stylist at the age of sixteen. Zolekha speaks about her statement hijab styles and how she is an ambassador for her business.

Daniel Raza, a BBC journalist has spoken of how his tenacious attitude and determination was key in getting ahead in his career. Daniel began working in the media as a hobby at the young age of 15 when he presented a sports show in a local radio station. He shares his work trajectory and how using his initiative and taking risks was pivotal in his journey.

We also hear from food blogger Duaa Naveed who shares her favourite spots around Manchester. She reveals why she turned her passion into a blog and how it is a form of escapism for her. This edition also features an interview with Tasneem Al-Freyah's who launched House of Knafteh after nostalgic memories of her mother-in-law's signature dish led her to bring the exquisite Arab dessert closer to home.

We share those all-important make-up tips brought to you by our beauty columnist Fatimah Vadia. Our favourite columns are also here including Dear Massi, Bollywood news and exclusive reviews.

SEE YOU NEXT MONTH, ENJOY!

FRONT PAGE PICTURE

FRONT PAGE IMAGE: HIJAB STYLES BY ZOLEKHA - HIJABSTYLIST; PICTURE BY @QSPHOTOGRAPHY_;
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STYLIST GIVES MODEST FASHION A NEW LOOK

UMBREEN ALI

ZOLEKHA BIBI BEGAN HER JOURNEY IN FASHION BY CREATING UNIQUE HIJAB STYLES ON HERSELF

Zolekha, now a professional hijab stylist, has been making her mark on the modest fashion scene since she was sixteen.

Before long, she was being asked to style head scarves for family and friends. In 2013 she decided to pursue a career in this. Zolekha, from Bradford, speaks about her statement hijab styles and how she is an ambassador for her business.

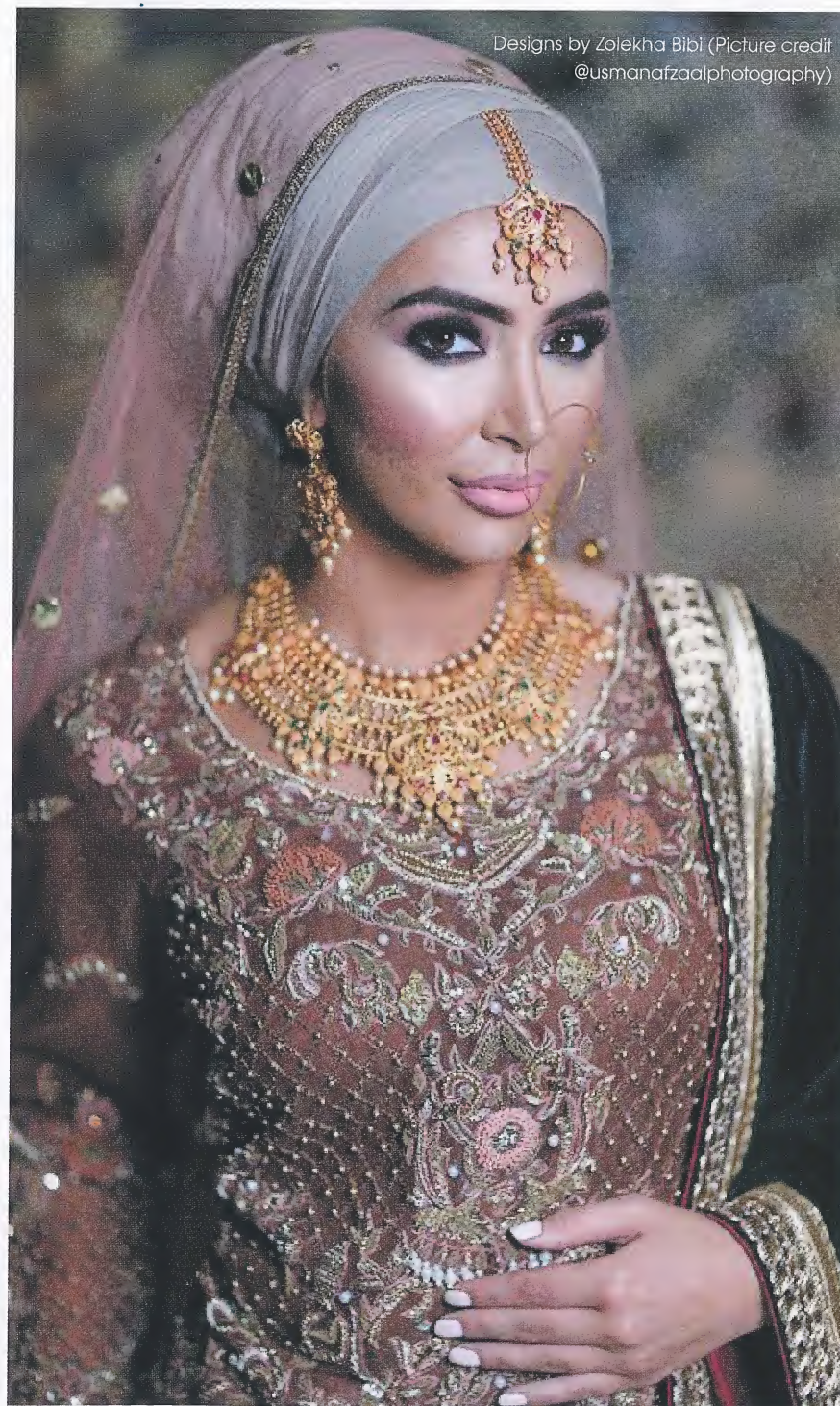
"I have been wearing the hijab since the age of twelve. This was a decision made by myself and supported by my family.

"Being a hijabi, I did not want to take my hijab off at weddings, so I started getting creative with hijab styles on myself in 2012. A year later I was styling for clients."

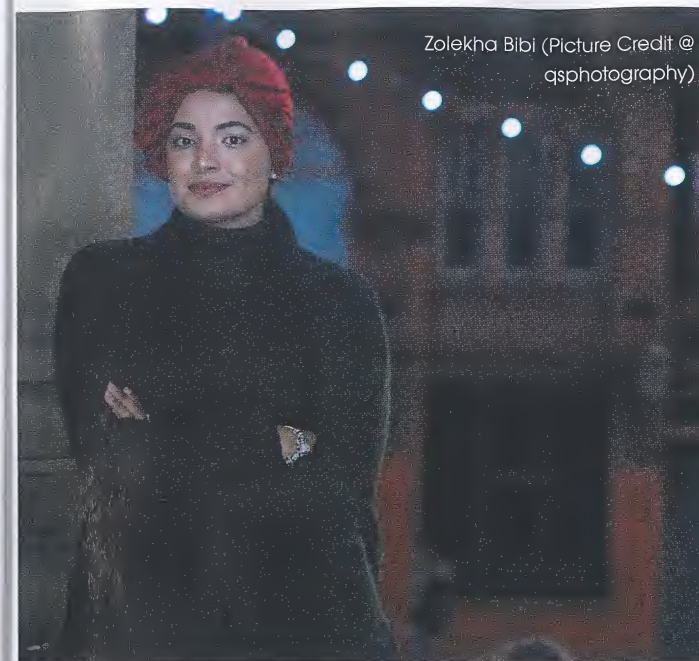
Since launching her career as a hijab stylist, Zolekha has had the opportunity to be involved in many projects including a recent nasheed video titled *Bulano Phir* by Ahmad Hussain. She also took part in a photoshoot with Bombay Stores. Working full time as part of the ambulance service, Zolekha says her job is

“ ”

I LOVE HELPING PEOPLE. IT'S A PROFESSION THAT NEVER STOPS GIVING



Designs by Zolekha Bibi (Picture credit @usmanafzaalphotography)



Zolekha Bibi (Picture Credit @qsphotography)

immensely rewarding. "I love helping people. It's a profession that never stops giving. Hijab styling is a passion for me, so I do it as a side business. I dedicate a lot of my free time to it. I enjoy being part of people's special day and being able to give hijabi's the chance to wear the hijab stylishly yet modestly."

Using her Instagram page @zolekha_hijabstyles to convey her work, Zolekha says social media is an integral platform to take note of what's popular and trending in the moment.

"I find social media picks up trends quickly and with the hijab trend where it's constantly changing, I'm always coming across new styles. "Once a client asked for a Turkish-style hijab she had found on Instagram. Although I had never done a Turkish style, I enjoyed the challenge. I spend a lot of my free time creating new styles by playing around with different designs and coming up with new combinations. "I am always experimenting with how I can improve my look in order to give a better service to my clients.

"I take great pride in my own outfits as I want to manifest my designs through my own attire."



Zolekha Bibi (Picture credit @usmanafzaalphotography)

Zolekha says she has seen a dramatic increase in general demand for hijab styling which is on par with modest fashion becoming more mainstream. "When I started in 2013, hijab styling wasn't as common as it is now.

"I would hardly see people get their hijabs done and there weren't as many hijab stylists around as there are now. Styling the hijab for an occasion has become trendy and we can see on the high street how prolific modest fashion has become.

"Sometimes clients ask for multiple combination of styles for one hijab which requires great intricacy. Clients often ask for three hijabs to be used to create a style.

My signature style has cross pleats with ruffles. It's an ornate look, one that is so popular with my clients.

"Muslim women are taking more pride in their appearance. People are celebrating individuality."



Zolekha Bibi (Picture credit @usmanafzaalphotography)



A Student's Journey so far



The following article has been written by a Year 7 pupil talking about thier experiences and recalentions of the transitions from Primary School to Witton Park Academy

My name is Rashna and this is my experience at secondary school. Wednesday 4th September 2019, there I was walking through the vast school with hundreds of smiling faces welcoming me. Nervous yet very excited, I was drowned in the infinite questions stuck in my head as I made my way to my tutor group. But



when I got there I was very anxious but everyone got to know each other a little bit better when we introduced ourselves.

Soon, I started to feel like a part of this caring community called Witton Park Academy-there was a large variety of fun things to do in every lesson,



such as, in science we had the rare opportunity to look through a real microscope which was very interesting as I had never done it before, in English we learned how to express ourselves through a baseline writing assessment, and in PE we got to learn how to play rugby which gave me more confidence and skills.

So far my experience

has been excellent, and I am really looking forward to learn how to use the new Google Chromebooks, which have really modernised our classrooms, and it means the work can always be challenging but we can work at our own pace. I am really excited to learn new things and get to know more people and teachers in the next five years of my life at Witton Park Academy.



To find out more about the about other experiences and events at Witton Park Academy, please visit:

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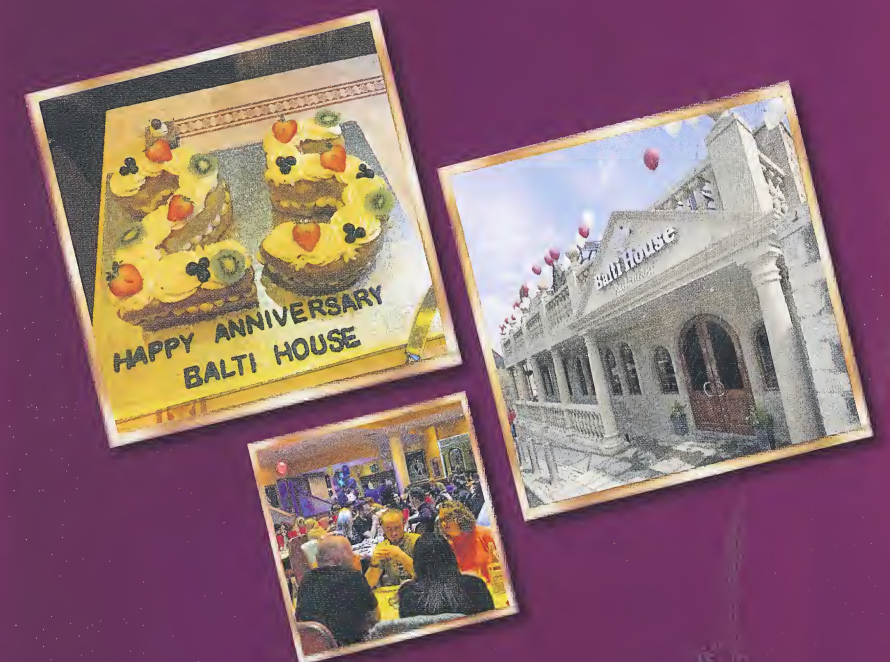
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BONDS FORGED ON A DREAM HOLIDAY

BY ALIMA NADEEM



IT IS NOT EASY HOLIDAYING ALONE AS A MUSLIM WOMAN BUT HELP IS AT HAND. I DECIDED TO JOIN THE MEMBERS OF THE 'GIRLS GROUP HOLIDAY' AS THEY HEADED OFF TO THAILAND

'Send me some more songs'. That was one of the first things our tour guide, Sophia, from Belfast, said to me when we finally met at Manchester Airport. All thirteen of us had never met before, but we had all spoken on a group chat

about how excited we were to be going to Thailand together.

What we didn't know, was that although we left as strangers, we would return as a sisterhood with an unshakable bond. Holidaying as a young woman is hard enough. Many feel like they never had the chance before to go on a solo trip or part of a group where you won't have to worry about being the odd one out that needs to find halal food. Sophia took the stress out of everything and got to know everyone in the group well.

Usually I don't like following rigid plans on holiday, but Sophia gave us ample time to do whatever we liked, and there is a lot less to pay for on the holiday too, which means not having to carry around so much money. Going on a trip with Sophia is more like a holiday with friends, and she plans everything for you, including any domestic flights, travel for excursions, and other activities.

She said: "I started Girls Group Holiday because I'm passionate about travelling and I'm evidence of the life-changing power travel has. I want other females to, like me, feel empowered by travel. I wouldn't call it a tour group and I wouldn't call myself a tour guide." Venturing through the night markets of Bangkok carries a stench you want to get away from quickly, after all they are cooking meat on the street. But, Aisha Mahmood, an aspiring photojournalist, captured every moment on her DSLR, and as we talked about our passion for photography, I realised that travelling with so many Asian women was inspiring. Despite the 35-degree heat, we



immersed ourselves in the history of the reclining buddha, built in 1848 and the biggest buddha in Thailand. On the second day, after watching men dressed in glittering garbs performing dances from around the world, I met budding mum blogger and MUA Heera Muslam from Bolton, who was keen to share her experiences as a mum working and raising her son. She said: "It's refreshing meeting like-minded women. It's less pressured and you can follow the itinerary or do your own thing."

"For Muslim girls they can be themselves with Sophia, and it doesn't have to be just Muslim girls, but girls in general because you meet so many different people." But, it was when we got to Phuket that we were all brought even closer together. Sitting on Patong beach, listening to Sophia tell us how she met her husband, it felt like we were a family. At the lack of karaoke booths open in Phuket at 11pm, we decided to create our own while sitting on a sandy log, eating fries and drinking tropical fruity drinks.

Generational gaps did not matter either, as I shared a sincere life talk with beauty therapist Kalsoom who treated me like her own daughter.

Oversized shades and with a backpack on backwards, Rafia Mohammed from Blackburn looked like the trendy tourist. She is the head of operations of a property management company in Burnley called Find UK Property.

Rafia is 31 and far from the traditional Asian woman, as she said in her own words: "I run my own business and travel all over the world, I'm a single woman who lives independently. I love girl groups because all I need to do is pack my clothes and bring my passport and I know I'm in for a fantastic adventure. Sophia does a lot, she books the flights and looks after us quite a bit compared to other groups out there. "I know a lot of young people like drinking alcohol and going crazy on holiday, and I wanted to make sure I wasn't around that."

I also met avid reader Meenaz as we spoke about our love for literature, laughed as Nelofar put on her best desi accent to haggle at the market stalls in Phuket, secretly took pictures of Shamshad enjoying Thai cuisine, and was in awe of application engineer Siama.

We had many laughs, and my own mum, who is the financial director for a rehabilitation centre and two sisters joined me on this seven-day adventure with inspiring women. The friendships that were born during my trip to Thailand will now see us all through to a reunion in a few weeks.

Sophia said: "It's a completely unique experience, it's strangers coming together and fast becoming friends, it's females supporting other females. I describe it as girl power."

To join Sophia on her next trip, visit GirlsGroupHolidays.co.uk



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UMBREEN ALI

“ ”

BUT THIS COUPLE TOOK IT ONE STEP FURTHER AND THEIR FIRST DANCE WAS WITH MICKEY AND MINNIE MOUSE



WEDDING EXTRAVAGANZAS

Asian weddings are big fat affairs. This is hardly breaking news. We have had the bride or groom arriving in helicopters, on horseback, on tractors and even recently atop a tank (I know... why?). The bigger and more outlandish, the better seems to be the ubiquitous theme.

2020 is a leap year, so for all those people contemplating marriage next year, remember, the tradition encourages women to propose. Another trend predicted for next year are more vegan weddings and something called "buddymoos". Those are honeymoons where friends tag along. I'll just leave that thought there.

I have been to a wedding where the bride changed into a second bridal gown in the toilets midway during the reception just because she loved both outfits so much. There are the pretentious weddings where Bollywood stars are paid to attend. I have even been to a wedding where the mother of the groom started crying (well, shrieking in grief would be a more accurate description) claiming, between deep sobs, that she had now lost her son. Just to add, the languid mother-in-law purposely wore red knowing the bride's gown colour. I mean, there are too many faux pas in this scenario. And just to maintain my point of Asian weddings getting bigger and more unique, one wedding I attended featured a groom who is also a plastic surgeon. As a gift to his wife's four sisters, he gave them all free Botox ahead of the wedding. Rather than being offended, this became a boasting point.

As ostentatious as the above weddings were, I don't think anyone can beat the Indian couple from London who had their Bollywood-themed wedding at Disneyland Paris. They certainly set a costly precedent.



First dances, as awkward as they are for the guests to watch, are so de rigueur in Asian weddings that it would odd if there wasn't one. But this couple took it one step further and their first dance was with Mickey and Minnie Mouse. I mean, you would have to be a hardcore Disney fan or just someone exhibiting Peter Pan Syndrome to want to have Mickey and Minnie stored eternally in your wedding memories.

On top of that, wedding vows were exchanged outside the iconic Sleeping Beauty Castle. Okay that I can get on board with, for the simple reason of aesthetics. But dancing to bhangra music with Goofy is where I draw the line.

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STUDENT UNION PRESIDENT PRAISES WARM WELCOME

Welcome to the first in a series of regular columns from the University of Bolton. This inclusive and diverse university is gaining a great reputation for its top-class courses, including motorsports engineering, nursing, Gaming, Special and Visual Effects, Psychology and Law. Students can also expect a fantastic experience. According to the National Student Survey (NSS), the University of Bolton is the number one university for Overall Student Satisfaction in Greater Manchester, for the third year running. The university was also named fourth in the UK for Teaching Quality by The Times and Sunday Times Good University Guide 2019. Ansh Sachdeva, aged 21, who is President of the university's Students' Union (SU), came to the UK from New Delhi, India, to study. He told how, on his arrival at the University of Bolton, a

British Asian student took him under his wing and treated him like a "little brother". He said: "I speak as a student of this university, rather than SU President. As an international student I have had a great experience. "I came to this country when I was just out of school at 18, without any family and friends. The first few weeks were difficult, but I remember after that a British Asian student, who was SU President at the time, took care of me and guided me. "He was a complete stranger to me, I don't know why he helped me. That year he became the SU president and I was so happy for him. I found a group of friends and became involved in university societies. I have been welcomed by lecturers, staff and all the students. It was honestly an overwhelming experience. Now I am SU President. Who would have believed that?" Ansh added: "The University of Bolton is multi-cultural, very welcoming and inclusive. I always say that diversity is the strength of our university."

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large group subsidiaries, PLCs, pension schemes and not for profit entities. He is one of the founding members of DKR and former Chair of the Worcester Group of Chartered Accountants.

He said: "I have always known that I wanted to work for myself and help people. I was grateful to God that I could finally use my own experience, understanding and technical ability to make a difference to businesses and individuals."

His belief is that to understand a client and their needs you need to be able to offer more than a number crunching service. "Given the community I come from and the vast number of friends and family who had successful businesses, it was inevitable I would act for them one day. I knew if I worked for myself, I would have the opportunity to carry out business advisory and this was what drove me to set up in practice. With risks there is also reward. The key to success is to ensure a quality service and invest in training."

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EMPOWERMENT THROUGH MOTHERHOOD



BY ALIMA NADEEM

HEERA MUSLAM IS CHALLENGING THE STIGMA OF ASIAN MOTHERS GOING BACK TO WORK

An Instagrammer make-up artist and optometrist has launched a social media page focusing on how women can empower themselves through motherhood. Heera Muslam, from Bolton, is a 28-year-old regular traveller and still manages to hold down two jobs at the same time. Mum of 11-month-old Adam, Heera works as an optometrist three days a week, and as an MUA on weekends. Heera said: "I found I'm one of many working mums, trying to juggle having a career, children, housework, a social life, and travelling. "Apart from the sleep deprivation, there's the lack of me-time, feeling out of shape, forever trying to figure out why your baby is crying and constantly questioning whether you're a good mum or not. I wanted to voice all of this for all the mums out there." The MUA is also a fan of jetting off around the world, now with baby Adam in tow, including travels to Thailand. She said: "Luckily, being self-employed means we can travel whenever we want. As you get older and busy, schedules struggle to match for even a quick coffee date let alone a holiday away. Heera has also experienced post-natal depression due to over-exerting herself in work and social life, as she struggled to become

more than just a mum.

She said: "You can have a huge family and lots of friends, but still feel like so alone. I tried to mask it by being extra sociable, joining numerous sensory classes to interact with other mums and throwing myself back into work, but I overdid it. The main support was right in front of me, my health visitor. Don't be afraid to speak to them, because after telling her how I was really feeling, she signposted me to many baby groups to visit."

Heera also wants to challenge the stigmas especially around British Asian women being frowned upon for going back to work or trying to still lead a normal life.

She said: "Culture plays a part in this, as girls spend a large portion of their lives studying to pursue careers and just because they marry, shouldn't mean that they have to give it all up. "It doesn't mean we don't value our culture, customs or family responsibilities, it just means we want to do more. "Most households need two incomes to live a comfortable lifestyle. Too often people who are still stuck in their ways, will judge us because it's not how they think a mother should behave. The older generation especially need to understand that it's not always easy, but we're trying to do the best we can."

Follow the mum's Instagram blog to stay up to date @heeramuslim

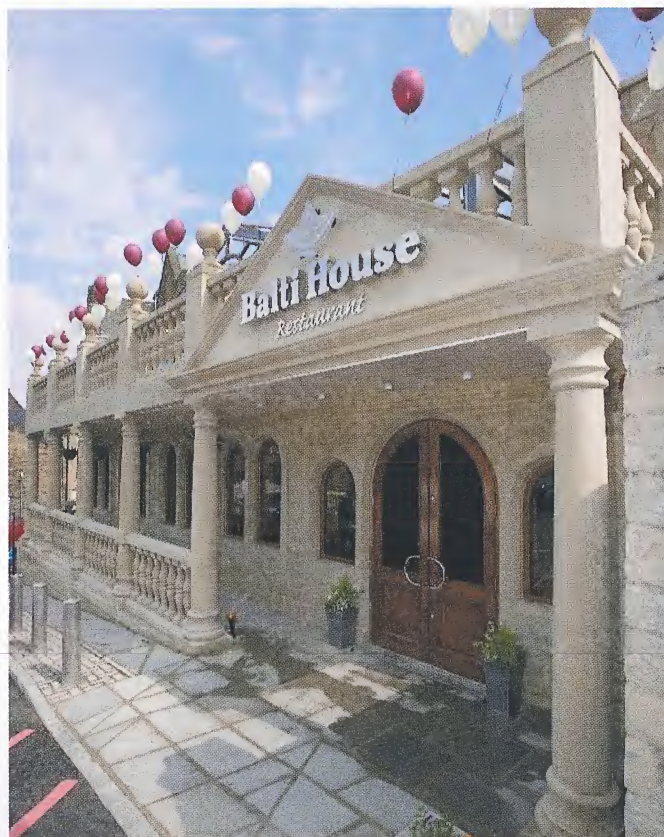
25 YEARS OF SERVING UP BRILLIANCE



One of the most popular restaurants in the North of England has celebrated its 25th anniversary. The Balti House Keighley is centrally located and attracts customers from both Lancashire and Yorkshire. The restaurant is renowned for serving traditional desi Punjabi Cuisine and a special dining experience.

The family restaurant moved to new purpose built premises 11 years after opening. Owner Mohammed Zamir Hanif said: "The new building was erected from scratch and is a purpose-built restaurant.

"We have 150 seats on the first floor and the second floor will soon be a wedding and banqueting hall which should be able to cater for 500 people. "It is one of the largest restaurants in the area and is family run." Mr Hanif who was named Business Personality of the Year in Keighley this year wished to thank all his customers and family for their support. "I would like to thank everyone for their kind support for the past 25 years. It's been a hard road but the love from all the community has made it that little bit easier. Thank you from the bottom of our hearts and we look forward to serving you for another 25 years. My two brothers, Mohammed Hanif and Nazam Hanif are chefs and they have been with us for 25 years." The restaurant offers free car parking, secluded cabin seats, outside catering, disabled access, is fully air conditioned and has a spacious reception area. It is based on Albert Street in Keighley to reserve your table please call 01535 611600.



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ESCAPE INTO A WORLD OF FINE CUISINE

DUAA NAVEED SHARES HER FAVOURITE SPOTS AROUND MANCHESTER ON HER INSTAGRAM PAGE WHERE SHE SHOWS A CORNUCOPIA OF OPTIONS

BY UMBREEN ALI



Manchester is renowned for its legendary culinary scene. A food enthusiast at heart, Duaa, 20, began her blog last year whilst simultaneously studying Biological and Medical Sciences. Duaa reveals why she turned her passion into a blog (@foodisamooood) and how it is a form of escapism for her.

"Food is a type of art and I wanted to share my love with a wider audience, perhaps even help people explore different cuisines and try food they've not heard of before. I find solace in food."

"Writing the blog is fun and liberating in every way possible. I find it relaxing and look forward to it after a long, hectic day at university." Whilst Duaa reiterates that Manchester is a compelling repository of cuisines from around the globe, she maintains her favourite food is ultimately the dishes that originate from Pakistan.

"I moved to the UK from Pakistan almost five years ago with my family which proved to be one of the best decisions on my parents' side. Although I love finding iconic dishes in Manchester's food scene, I absolutely relish Pakistani food. Nothing can come close to the food

“ ”

FOOD IS A TYPE OF ART AND I WANTED TO SHARE MY LOVE WITH A WIDER AUDIENCE, PERHAPS EVEN HELP PEOPLE EXPLORE DIFFERENT CUISINES AND TRY FOOD THEY'VE NOT HEARD OF BEFORE



people back home make. Every dish from almost every cuisine is out there, cooked to absolute perfection and I love nothing more than that." Duaa also uses the social media forum to raise awareness of mental health, with the aim of empowering young people by normalising the discussion of this subject.

"Although we have come a long way as a generation, mental health still isn't talked about as openly in some parts of the world."

"I have seen people who choose constant pain and misery over seeking professional help which is devastating. For me, being vocal and raising concerns over important issues like mental health helps pave the path for a better, brighter and more accepting future for the younger generation. Taking occasional breaks from social media, Duaa says, is a good way to set healthy boundaries for oneself."

"For many of us, social media can feel like an anxiety-fuelled space. We have to be able to decide when to turn it off so that we don't let the negativity seep into our personal space. In this modern age of social media, we often tend to forget that not everything portrayed is true."

The constant need to do things more 'perfect' than everyone else and constant comparison is one of the worst ways you can affect your mental health. The urge to have our life together at all times is draining and it's about time we start appreciating our lives."

Perfection is honestly so old school and boring. It's the imperfections that make us individually unique and in my opinion, there is nothing more beautiful than that."



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SPORTING CHANCES ARE REVEALED

JOURNALIST DANIEL RAZA TALKS ABOUT GETTING HIS DREAM JOB AS A BBC SPORTS REPORTER FROM HIS EARLY DAYS VOLUNTEERING AT A LOCAL RADIO STATION



A journalist has spoken of how his tenacious attitude and determination was key in getting ahead in his career.

Daniel Raza, 23, began working in the media as a hobby at the young age of 15 when he presented a sports show in a local radio station.

Daniel now works for BBC TV Sports News. Daniel shares his work trajectory and how using his initiative and taking risks was pivotal in his journey.

"I began working voluntarily at a local radio station, Unity FM, which is where I realised there were so many inspiring stories from regular people in the community that weren't getting the coverage. Finding

creative ways to tell those stories was always fun to me and incredibly fulfilling. As well as that, I got to talk about sports and interview athletes.

"The idea of being able to do that as a full-time career was always attractive to me. I then moved onto British Muslim TV where I did a show called SportsTalk.

"I gained ample experience in radio, TV and also a little reporting. "I think diversifying my skills is what got me into journalism and it's something I'd recommend to everyone."

Daniel said his "no fear" approach to work led to some unexpected encounters on the job.

"When I was about 16-years-old, I had no inhibitions, so I would just e-mail loads of famous athletes asking them to come on my little

sports show on the community station. "Every now and then I'd get a positive response. "For me the biggest ones were Tyson Fury and Deontay Wilder, who have both held world heavyweight boxing titles. "It's funny dealing with agents and managers when you're that age because you don't really grasp the size of these opportunities. "It just goes to show that if you're having fun and really enjoying what you're putting your effort into, you can really get a lot of pleasant surprises."

Having qualified with a BA in History from Coventry University, Daniel admits this was "not a traditional degree when you think of British Asians." It was during his academic journey when Daniel knew he wanted to pursue a career in the media.

"I was adamant that I would work in the media in some way or another, whether that was TV, radio or print.

"I was actually producing TV shows whilst I was at university, although that was part time. The scare stories of the media being a difficult industry to break into did have an effect on me. I studied History in case Journalism didn't work out."

Daniel began working at BBC TV Sports News after gaining an internship as a researcher through 'Creative Access' who specialise in bringing BAME people into creative industries.

"We don't see a lot of Asian faces on the television or hear enough diverse voices on the radio. It's almost embedded into people that chasing a career down that path is a bad idea. Things have changed though.

"There is such an appetite and now for content that reflects the lives and experiences of people from the Asian community.

"There are so many voices and stories that aren't being heard and as representation increases in media, we'll see more of what reflects Britain as a multicultural society."

A personal highlight, Daniel reveals was his project that he undertook during his time in university. His documentary explored the lives of Indian soldiers in the two World Wars.

"I thought about how in school I was barely taught about the role my ancestors played in the First and Second World Wars. I did some research to look for memorials up and down the country.

"Unsurprisingly there were very few. It made me question whether attitudes towards immigration and people with different backgrounds would be different if there was more of an awareness that people from all around the world fought for Britain.

"I also felt it was important as a convergence of my identity as someone both British and Pakistani. It's a reminder that we need to rethink our place in British history. Our ancestors made far more of a contribution than we're taught. I encourage everyone to try and find out more about our past."



“ ”

A PERSONAL HIGHLIGHT, DANIEL REVEALS WAS HIS PROJECT THAT HE UNDERTOOK DURING HIS TIME IN UNIVERSITY. HIS DOCUMENTARY EXPLORED THE LIVES OF INDIAN SOLDIERS IN THE TWO WORLD WARS



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OBSERVE YOUR THOUGHTS AND BECOME AWARE OF THE WORDS YOU USE, REFLECT AND MAKE CHANGES

CHOOSE THE POWER OF POSITIVE WORDS

HAVE YOU EVER STOPPED AND THOUGHT ABOUT THE LANGUAGE YOU USE? THE WORDS AND PHRASES THAT BECOME A HABITUAL PART OF EVERYDAY LIFE?

There are so many phrases that become routine in their usage. Words we say all the time without thinking of their impact: 'That's stressful, 'I can't do this anymore', 'I'm fed up!' 'Why does this always happen to me?' And then there are the endless 'What ifs', creating a whirl of negativity, which ends up manifesting into mental and physical ill-health.

Do words really have power? I pondered upon this and came to the conclusion that yes, words have power but only because of the force that powers them – our feelings. The feelings with which we use words gives power to them and those words manifest into actions and behaviours; what we think of and tell ourselves is what we become and what we radiate, so make sure your thoughts are kind and loving. Most of the time, I think people are unaware of what they say and how their chosen words affect their state of heart and mind and ultimately level of happiness.

What we tend not to realise is that we fuel negative phrases with great belief and determination, yet that same level of determination is not always applied to positive phrases. I remember a time when the language I used was extremely negative and I was oblivious of the impact this had on me. The endless negative language engulfed

me into a state of chronic stress, where nothing was positive or good and resulted in me feeling despondent. When I look back at that time, I can now see the power with which I used those negative phrases – I fully believed in what I said.

Words like 'I can't cope' 'I'm stressed' were uttered with such depth of negative feeling that those states manifested. I had convinced myself that I was stressed and couldn't cope and that's exactly what happened. The irony is that now I do more than double what I used to do, but I don't utter words that are fuelled with negativity – I just get on with it. I fuel my positive phrases with the power of determination and fill them with positive feeling and belief.

Observe your thoughts and become aware of the words you use, reflect and make changes. We get into bad habits of regurgitating the same words and phrases without really thinking about what we are saying and how these words impact us. If they are negative, because you have habitually developed a problem-based mindset, be aware of this and begin to examine solutions so you are able to slowly develop a solution-based mindset.

Through thinking in this way, you will begin to notice the positive determination that you use to power your chosen positive words. Give it a go and observe the wonderful magic that happens when you just change your language.

I HAVE FOUND OUT MY EX IS GETTING MARRIED



I didn't think it could hurt me this much. I found out at work when a friend sent me a Snapchat picture of the engagement.

The engagement looked like so much money had been spent on it. Much more than on ours.

I saw the picture and threw up. I spent the next hour sitting on the floor of the bathroom.

Since then I've obsessed over his new fiancée's Facebook page and have downloaded all her pictures. She looks so similar to me, just a much younger version. It has only been six months since our divorce and he has already moved on. He left me after I couldn't get pregnant.

Well, it was his mum who kept telling him to divorce me, that I was a burden and pretty much useless if I couldn't produce a child. She would tell me that it would be better for my parents "izzat" if I walked away quietly. She even offered me a sum of money to agree to the divorce.

I thought my husband's love for me could survive his malicious mother. I have been left feeling betrayed and wonder if he ever really loved me. I don't know if I can ever trust a man again. My world fell apart while his simply moved on.

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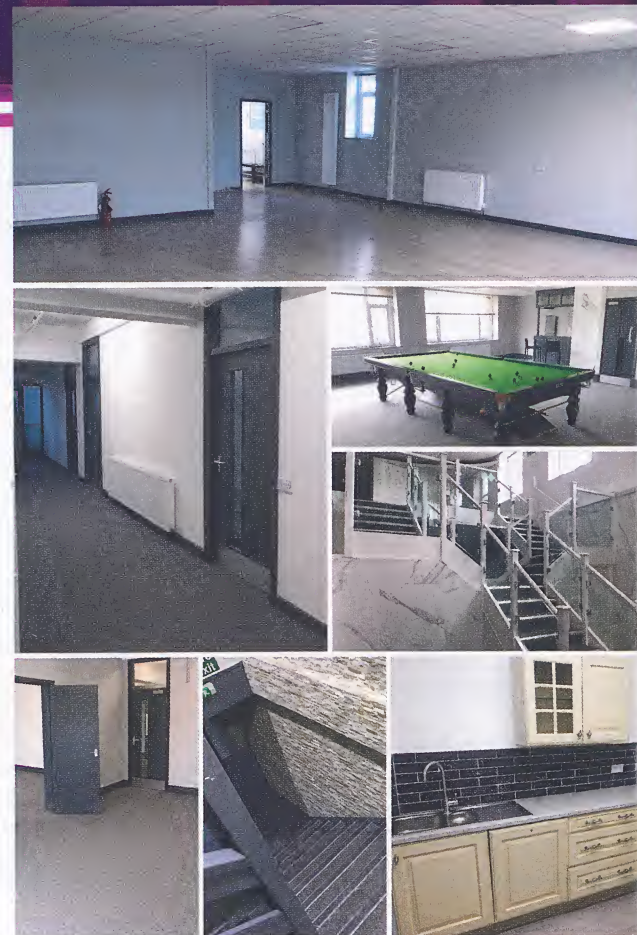
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MY TOP FIVE WEIGHT LOSS TIPS

BY SUJATA DIN



DITCH THOSE FAD DIETS AND TAKE ON THESE TOP TIPS
TO TAKE HEALTHY STEPS TOWARD LOSING WEIGHT

A mistake many make when trying to lose weight is to go on strict diets, restricting what they eat and find that they feel isolated. I'm sure you will agree, that it's impractical to cook and eat separate meals, or stop eating your traditional meals. As you start reading my five tips you may think to yourself, I know this. Please remember, it's not our knowledge that holds us back, but putting it into action.

Set many goals

Even though your main goal is weight loss, do not let this be your only goal, as you may feel disappointed when you don't see results immediately. Consider other goals like increasing your energy, reducing belly bloat, fitting into your clothes more comfortably or getting your confidence back.

Focus on what you are adding

Focus on what you are adding instead of dwelling on what you are taking away. The first thought that comes to our mind when "dieting" is how deprived we will feel when we cannot have our favorite treats like biscuits, crisps, Asian sweet or savory foods. Rather than

thinking about what you cannot have, begin to focus on what you are introducing into your life to improve it, like fresh nourishing foods or becoming more active which releases endorphins, the feel good chemicals.

Be consistent

We are all unique and have different circumstances, so make the changes based on what you can realistically do. For example, it is better to commit to exercising only once or twice a week and when comfortable with this, you add in more exercise.

Make doable changes.

A good example is reducing sugar. Giving up sugar overnight may cause feelings of discomfort as the body will crave it. So, if you are having 1 teaspoon (tsp), reduce it to ½tsp and then to ¼tsp. This allows your taste buds to adapt and over time you won't need to add in any sugar or will have reduced it.

Enjoy your wellness journey

Being healthy is not just to lose weight but to also age healthily, so keep it interesting and be kind to yourself. Accept that there will be times when you cannot eat healthily, when travelling or at social events.



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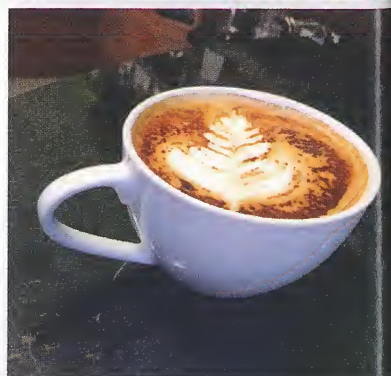
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DEAR MASSI

OUR AGONY AUNT'S ADVICE

“ ” THEY WERE REALLY RUDE WHEN THEY CAME FOR RISHTA



DEAR MASSI, My boyfriend brought his family round to meet mine as we want to get married. His parents were rude from the moment they stepped into our house. They asked how many bedrooms we had and acted shocked that me and my sister share a room. His mum made a big deal about the fact that we only have one bathroom and she complained that the kitchen was too small. My fiancé didn't say a word and just kept chatting about nonsense to keep the mood light. The meeting really upset my parents. I heard them talking later and my dad said he was worried he wouldn't be able to afford a wedding of the standard that my boyfriend's family would expect. I don't know what to do.

MASSI SAYS: It is only natural that you and your family have been left upset by this meeting. If you are in agreement to marry each other, talk to your boyfriend honestly and explain that the wedding will be accommodated according to your parents budget and that you do not wish it to be a burden or a source of stress for them. You most certainly do not have to feel pressured into living up to the ideals of anybody else. Tell your boyfriend that your parents were left feeling hurt after the meeting which in turn has had an adverse effect on you.

“ ”

HIS MUM SAYS SHE HAS LOST HER SON TO ME

DEAR MASSI, My mother-in-law is making my life so difficult. To my face she is really sweet and says I am the daughter she never had, but then she says something completely different to her friends and family. She tells them that she has lost her son to me and that I have manipulated my husband to put me first,

ahead of his mum. I have been told this a few times by other people and it really shocked me. I can't confront my mother-in-law or tell my husband as I can't be sure if people are gossiping or just being mean. But doesn't the fact that I have heard the same thing said to me more than once mean that there must be some truth in it?

MASSI SAYS: It is understandable that you are feeling conflicted having heard two opposing things. Rather than feel hurt by what other people are telling you, it would be better if you told your mother-in-law directly that people are saying such things to you. An honest and transparent conversation may help to clear up any misconceptions. If the source of your anxiety is other people's comments, it would be better to try and avoid any personal conversations with the people in question.

“ ”

THE WEDDING INVITATION WAS SENT ON WHATSAPP

DEAR MASSI, A good friend of mine is getting married, but my wife is kicking up a fuss because my friend sent me the invitation on WhatsApp. My wife says it's an insult to be invited this way and that they should have posted it by first class post. She says it will demean her to go to the wedding. I can't see what the big deal is. An invitation is an invitation whether it's on a card or whether it's digital. I can't miss my friend's wedding, but my wife has stopped talking to me over this. What can I do?

MASSI SAYS: It is not uncommon in this day and age to receive invitations via email or through a Facebook group or in your case WhatsApp. It is likely that many people received their wedding

invitations on WhatsApp too and that it wasn't just you and your wife. Tell your wife that you value your friendship with the groom too much to let it get affected by something as trivial as the manner in which the invitation arrived to you. Explain to your wife that her stance is upsetting you and that you would like her to attend the wedding with you.

“ ”

MY WIFE GOT OFFENDED WHEN ASKED IF SHE WAS PREGNANT

DEAR MASSI, My wife is not talking to my sister over something so trivial. My sister asked my wife if she is pregnant even though she isn't. My wife got really offended because she thought my sister was implying she is fat. Just to get back at my sister, my wife left a comment on Facebook

under my sisters' new profile picture telling her she should stay out of the sun as she has gotten so dark. It's so petty but it has taken over my life. My wife is saying my sister is jealous of her—that's all she talks about every evening when I get in from work. My sister keeps texting me while I'm at work telling me the woman I married is going to break the family apart. I can't deal with the stress these two women are putting on me. My mum doesn't even live in this country and she rang me up asking me to solve this problem quickly before it gets worse. Honestly, it's giving me anxiety. Can you help?

MASSI SAYS: You are in an incredibly difficult and unfair position. You simply cannot keep playing the role of mediator between your wife and sister. This issue does not concern you, yet you have inadvertently become trapped in the middle. You should not feel coerced to pick sides.

It seems as though both women are more concerned with articulating their grievances yet are not concerned with how this will affect you. Talk to both your wife and your sister. Tell them clearly that you love them both but their actions are leaving you drained emotionally. Explain that this matter must be concluded swiftly otherwise they both risk alienating you.



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About 5 years ago the Rashid brothers opened the doors of Zazz, their dream, to bring high-quality well prepared street food to the tables of their beloved hometown of Blackburn. Despite the pressure of speed and price Zazz was created with a policy of no-compromise on quality of ingredients or preparation. Yes, it costs a little more (just a little) and takes a little longer but the end result is worth the wait and with time and persistence Zazz has proved this to be true.

The discerning diners who keep coming back to Zazz (some weekly) are rewarded with consistently fantastic food and great service. The slightest divergence from these principals are rectified swiftly by the owners themselves. They take the success and standards of Zazz personally and are only satisfied if their clients are 100% satisfied.

Zazz represents the best of the best, in a nutshell, 'street food to your door'.

The brothers did not want a menu so extensive that they would have to resort to lowering the standards of their ingredients. Thus, they focussed on three main types of street foods. Pizza, burgers and kebabs plus of course some notable sides. Half a dozen or so Burgers made from beef or chicken with a veggie option where the meats and vegetables are of the highest quality. The Zazy burger is a particular speciality, an

unusual combination of beef and chicken. The Pizza choice is no less tempting with favourites like the Margherita or the unusual Zazz specials like the Asiano based on Keema, chicken tikka and the Mexicano with spicy mince, chicken tikka & green chillies. The kebabs which include grills boast favourites like the Donner and also Lamb Chops and the mixed grill.

Zazz cooking and philosophy comes from the Rashid's own community spirit. Through their flagship restaurant, Balti House the family already works with local Blackburn groups such as carer's and sports teams.

Their cuisine is inspired by their parents especially their mother who taught them how to cook traditional dishes correctly and authentically. Zazz benefits from this strict training and now street food made with love and passion cooked to a very high standard is brought to the tables of Blackburn folk to enjoy.



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SWEET TREATS FROM THE MIDDLE EAST

A DESSERT WITH A LONG HISTORY, DATING BACK PERHAPS AS FAR AS THE 10TH CENTURY, HAS FOUND ITS WAY TO PRESTON

BY UMBREEN ALI



House of Knafeh was launched earlier this year after Tasneem Al-Freyah's nostalgic memories of her mother-in-law's signature dish led her to bring the exquisite Arab dessert closer to home. Tasneem, who is also a teacher, reveals the touching story behind her business.

"I'm a British Indian married to an Arab. I met my husband in Dubai. He is originally Syrian. The idea for the business came about after my husband would constantly complain he couldn't find knafehs locally. Growing up, his mum would make it for him weekly. "We tried a few places, however, he wasn't satisfied. "That's when I decided it was best if we just made them at home. "We decided to use my mother-in-law's recipe. "House of Knafeh evokes fond memories of my husband's childhood. "My husband is amazing in the kitchen. He made the very first knafehs and then I added the final touches.

“ ”

THE IDEA FOR THE BUSINESS CAME ABOUT AFTER MY HUSBAND WOULD CONSTANTLY COMPLAIN HE COULDN'T FIND KNAFEHS LOCALLY



"We really hope we do my mother-in-law's recipe justice." Knafeh, believed to have originated in the Palestinian streets of Nablus, is both sweet and savoury, made with shredded vermicelli-like pastry noodles, soaked in a sweet sugary syrup, although the recipes for knafeh are subject to fierce debate. House of Knafeh have created their own variety on the traditional food.

"We have given Knafeh's a twist and we bake them as cupcakes. "Very soon we will be introducing the original pie shaped knafehs too. Typically, a box of 12 knafeh cupcakes would take us up to an hour to prepare and bake. Our most popular and what we like to make frequently is knafeh filled with cheese and pistachio. We also cater for vegans. To give this dessert the final touch, a sugar-based syrup is drizzled on top for that ultimate gooey sensation. We are looking into introducing other Arabic desserts such as baklava's and basboosa (sweet cake)."

Tasneem admits her husband is more skilled in the kitchen and guided her through the preparation process. House of Knafeh has earned their recognition through word-of-mouth and social media using their Instagram page @house_of_knafeh.

The homemade traditional middle eastern dessert, Tasneem believes, is so popular in Preston's culinary scene due to it being a novelty dish. "People are intrigued by knafeh as it's not readily available in every dessert shop you go to. Our authentic delicacy embodies the ultimate in comfort food."

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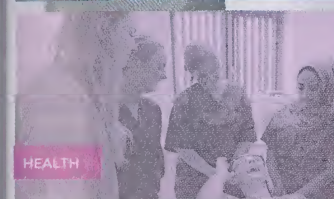
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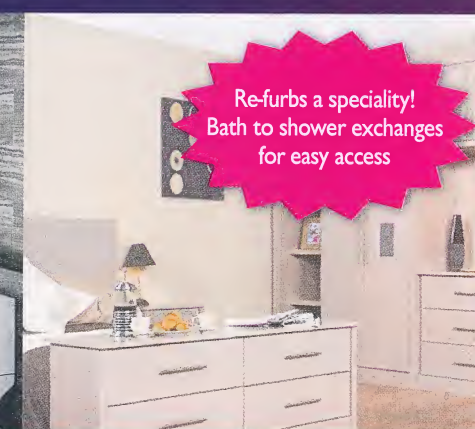
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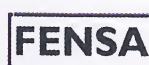
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MOVIES: DOUBLE ACT ARE BACK



BOLLYWOOD BLOCKBUSTERS STARRING HEROES OF THE
INDIAN FILM INDUSTRY ARE RELEASED
IN TIME FOR THE DIWALI CELEBRATIONS

Bollywood presents some of its biggest movies of the year in time for Diwali. First up we have *Housefull 4* which takes on a strange twist. Akshay Kumar and Bobby Deol back together on screen after a gap of eight years. The successful duo have previously starred in several movies together namely *Ajnabee* (2001), *Ab Tumhare Hawale Watan Saathiyo* (2004), *Dosti* (2005) and *Thank You* (2011). Both actors take up playing double roles this time round, with three pairs of reincarnated lovers re-uniting in the present day – but they soon find themselves falling for the wrong women.

Bobby Deol will be seen playing the role of a warrior in 1419 called Dharamputra and whose present day character is named Max. Whilst Akshay Kumar will be seen playing the role of a prince in 1419 called Rajkumar Bala and who plays a barber called Harry in 2019. The *Housefull* series is one of the most successful franchises of recent years. The film also stars Riteish Deshmukh, Kriti Sanon, Pooja Hegde and Kriti Kharbanda.

Made in China features Rajkumar Rao and Mouni Roy in lead roles. Directed by Mikhil Musale and produced by Dinesh Vijan, *Made in China* traces the story of Rajkumar aka Raghu – a Gujarati businessman who goes to China to become an entrepreneur where he finds 'Chinese Viagra' and sells it back home in India. Mouni plays Rajkumar's wife, Rukmini.

But if you wanted something a little different try out the long-awaited biopic *Saand K Aankh* starring Bhumi Pednekar and Taapsee Pannu. This is based on the lives of real-life Shooter Dadis (*Shooter Grannies*), Chandro Tomar and Prakash Tomar.



Actor Vineet Kumar plays the coach who is impressed by their talent and begins to mentor them for local competitions. The male family members are against their training sessions and are intent on causing trouble but the women continue to fight for the rights of others in the village.



FEVERSHAM
EDUCATION TRUST

About our Trust

Feversham Education Trust (FET) is relentless in its drive to provide outstanding education in a secure learning environment for all learners.

We are a not-for-profit organisation with the aim of providing quality support and challenge to ensure outstanding outcomes for all learners in our schools.

We are fully committed to ensuring that all learners in all our schools regardless of their background or starting points achieve their true potential.

Our school improvement model is bespoke, recognising that just as every single learner is unique so are our schools and communities.

By working together, aligned in our vision, values, trust and commitment there really is nothing we cannot achieve.

IQRA ACADEMY

Iqra Academy is situated in the heart of Manningham, Bradford. Originally built in 1887, Iqra Academy has over time developed from Drummond Road Middle School into this outstanding, multi-cultural school. Iqra Academy offers nursery places as well as main school places to children from Manningham and the surrounding area.



Iqra Academy offers a wide range of learning experiences for children of all ages to benefit from. We have high expectations for all students, staff and governors, and it is this drive which enables Iqra Academy to keep ahead of the game with our innovative curriculum. It is this along with the hard work of the pupils which enables Iqra Academy to gain high SATs levels.

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2012, Iqra Academy has won many awards throughout the years and is driven by a highly organised team of qualified staff.

Feversham Academy

Feversham Academy was established in 1984 as an Independent Muslim girl's school with approximately 24 pupils on roll. In 2001 the school joined the state sector as a voluntary aided school before converting to Academy status in 2011.

Feversham Academy has consistently ranked in the first percentile in the country for value added.



Bronte Girls' Academy

Bronte Girls' Academy (BGA) opened its doors in September 2019.

The new secondary academy is located in BD4. The School serves the surrounding community, offering 600 student places when full.

Queensbury Academy

Queensbury Academy became an Academy and joined

Feversham Education Trust in September 2016. We have been a popular choice with parents for many years.

Queensbury Academy is a friendly, thriving and stimulating place to work and study. We expect that every student will achieve their very best. We welcome all parents to take an active part in their child's education and encourage them to form a partnership with us to ensure their children achieve their best.

Feversham First Steps Nursery

Feversham First Steps Nursery was established in 2011 as an Ofsted registered nursery. The nursery has a highly skilled and dedicated work team who offer the highest

degree of child care catering for children aged 0- 5. Every child matters and is nurtured to achieve their full potential, this is aided by having 3 separate settings within nursery which allows children to gain confidence, flourish in their environment and develop under the care of skilled key workers. The nursery has a baby center, a separate 2's learning room and play area and a dedicated preschool in operation. The nursery is open all year round and offers free funding places for 2 & 3 year olds and preschool children, offers a holiday club and out of hours care. The nursery is rated by Ofsted as Good in all areas.

Our mission

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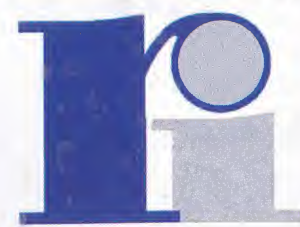
We will do this by:

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- Creating an environment that respects and values the dignity, integrity and special needs of all our learners regardless of age, race, religion and gender.
- Providing a caring and supporting environment for all our learners to develop academically, morally, spiritually and socially.
- Creating environments where quality relationships are developed between all who work and participate in the community.
- Creating an awareness, commitment and sense of responsibility amongst our learners with regards to local, national and global issues

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BEAT THOSE WINTER SKIN BLUES WITH THESE THREE EASY PEASY HOME MADE MASKS

This explains why we I normally find my skin goes through a bit of a transition during the autumn / winter months, with it looking dry and dull. Not helped by the fact I also struggle drinking lots of water especially when it's so cold and opt for more dehydrating hot coffees instead! Central heating, lack of water and the change in weather definitely takes its toll. These are the masks that I always reach for as they're quick and easy with ingredients I usually have readily in house.

I like to apply them on a hot soak day. Why not pull out all the stops? Go crazy! Out come the face and hair masks for my self pamper party! All three masks contain yoghurt and honey. These are age old ingredients which have served us for centuries with their amazing properties. Honey is a moisture magnet! It draws moisture from the air and locks it into the skin, It's also anti bacterial and great for acne. Yoghurt is not only a superfood for your gut but is also amazing when topically applied to your skin. Yoghurt contains anti bacterial and anti fungal properties with endless benefits. Did you know yoghurt:

- Reduces wrinkles and fine lines.
- Fights acne.
- Fades blemishes and pigmentation.
- Reduces dark circles.
- Treats skin infections.
- Soothes sunburns

Mask 1

Ingredients

One tablespoon yogurt
One tablespoon honey
One tablespoon oats

Instructions

Blend one tablespoon oats to form a coarse powder. Add one tablespoon yogurt and honey to form a thick paste. Apply this mixture on the face for 20 minutes. Wash off. Oats are brilliant for nourishing and calming the skin and also buff away dead skin cells.

Mask 2

Ingredients

Half avocado
One tablespoon yogurt
One tablespoon honey

Instructions

Take half an avocado, mash it with a fork to form a creamy paste. Add one tablespoon yogurt and honey. Mix well. Apply on the face for 20 minutes. Avacados are great for nourishing and revitalising the skin.

Mask 3

Ingredients

Half avocado
One tablespoon yogurt
One teaspoon turmeric

Instructions

Mix 1 teaspoon of turmeric powder to one tablespoon yogurt and honey. Mix well. Apply on the face for 20 minutes. Turmeric is not only pure gold in colour but also in properties. Anti inflammatory and acne fighting it also helps to combat pigmentation.

Too messy?

If all the above is a bit too time consuming and messy, you may want to opt for a ready made one. I really enjoyed using the Korganics Turmeric microdermabrasion mask containing acai and goji berries and also their charcoal mask with liquorice, which draws out impurities giving you brighter skin. Halal/organic/natural. Made using natural plant based ingredients. Paraben and sulphate free. I love how all products have been developed with Asian skin in mind.

Another natural ready made alternative are the Skin Island masks and scrubs. The illustrations on the jars are super cute and tell you immediately what ingredients feature in these little pots of goodness – which I have to add are pretty impressive indeed! They smell and feel great and with five masks to choose from, I'm sure you'll find your favourite one or three!

All ingredients are natural or naturally derived with certified organic oils.





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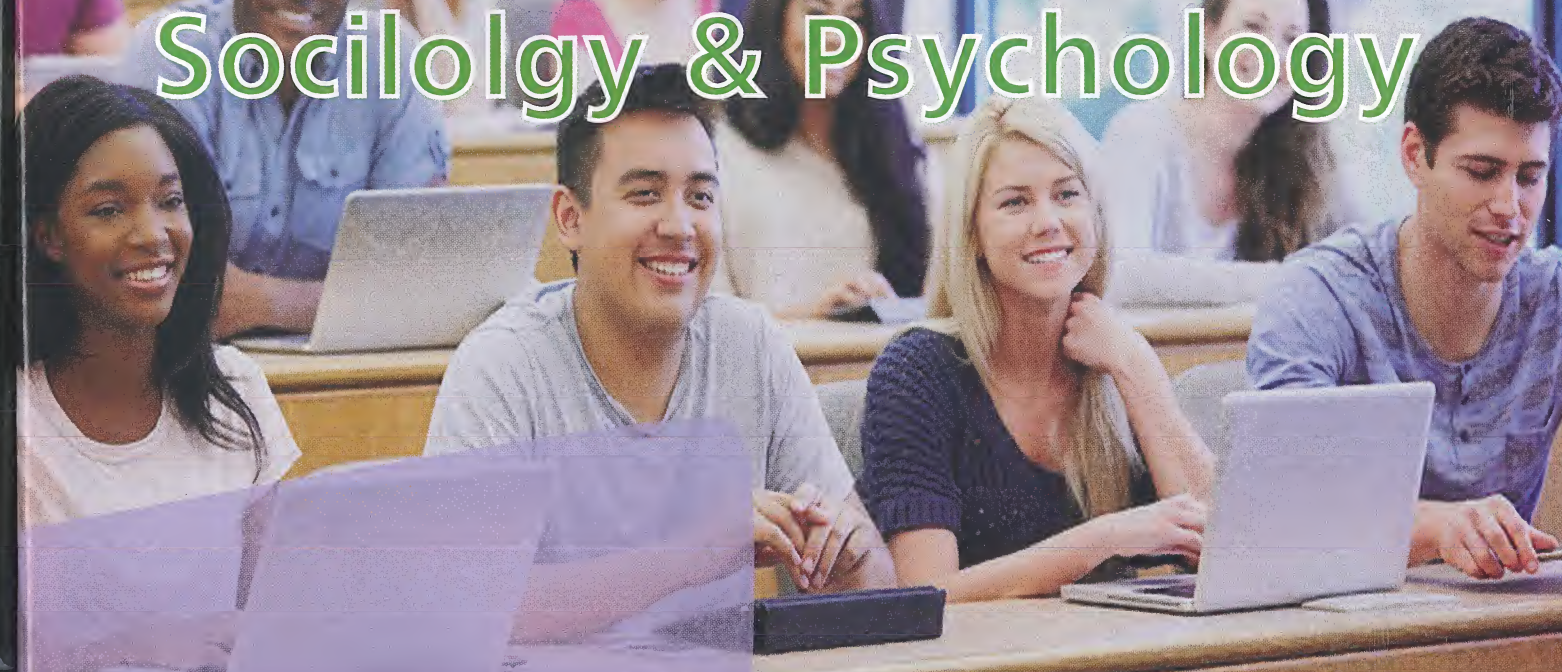


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DAY PACKED WITH WEDDING WONDERS



TEAMWORK MAKES THE DREAM WORK FOR NEELAM HUSSAIN

Hundreds of visitors got the opportunity to meet some of the most sought after wedding suppliers who were at a special event in Bury. The Wedding and Event planners (TWP) held at the Village Hotel Bury included fashion shows and beauty workshops. Organiser Neelam Hussain said: "The turnout at the event exceeded expectations and the feedback has been excellent. I would like to express how grateful we are to all the exhibitors and Naat Khawans that came and took part. Also, a big thank you to all our models, volunteers, make-up artists and hairstylists." Neelam organised the event alongside Ismaeel Hanif (project manager), Fazeela Hanif (events PR and social media manager), Annosh Yunis (freelance and volunteer co-ordinator), Anbreen Ali (financial project manager) and Mohammed Jawad (audio visual and entertainment manager). Neelam added: "I would also like to thank @annie_m786 @hairbyilmaas @foundationsbyhawa @ziggiakhtar @tayibsweddings @maj_nazir @xclusivesoundsuk @iamhussainhanif and Zain Jerry."

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NEW MERCEDES COUPÉ IS A REAL CROWD-PLEASER

| BY FRANK TURNER |



The phrase 'kerb-appeal' was surely invented for the Mercedes CLS. With its drop-dead gorgeous swooping lines, this car blends head-turning coupé looks with four-door saloon practicality. It's a relaxed, luxury cruiser, with a delicious mix of refinement and performance. Parked at the kerb, the CLS has poise and presence in abundance, with the promise of power, pace and

luxury. I reckon the car packs more visual verve than rivals such as the Audi A7. And the now-standard AMG Line specification means you get 19in alloy wheels and a sporty-looking body kit. Asian Life ran the rule over the remarkable 400 d 4MATIC AMG Line Coupé, which houses the most powerful diesel engine (335bhp) of any non-competition Mercedes, with a 0-62mph acceleration time of five seconds and a 155mph top speed while achieving 50.4mpg (maker's figures). But for all that plentiful performance on tap, the overall feeling is of great ease.

With bags of torque at your disposal, the car's response is pretty much immediate, and the sense of a smooth swathe of power is promoted by the 3.0-litre six-cylinder diesel engine mated to a nine-speed automatic gearbox and all-wheel drive. Beyond those sleek lines and mechanical muscle, there is a cossetting experience in store. Slip inside the cabin and you will find top-drawer quality, with classy and expensively tactile surfaces throughout.

The interior design is easy on the eye and almost as stylish as that sleek exterior, while delivering an exceptionally comfortable travelling environment. There is more than a touch of the S-Class flagship about this motor.

The CLS is a four-seater due to the design of the roof, which tapers at the top, but there is plenty of head and legroom for rear seat passengers. The driving

“ ”

SLIP INSIDE THE CABIN AND YOU WILL FIND TOP-DRAWER QUALITY, WITH CLASSY AND EXPENSIVELY TACTILE SURFACES THROUGHOUT



position is excellent, the front seats offering bags of adjustment, just one facet of a peerless motoring experience.

The car comes across as the most able of grand tourers, a motor meant for the long haul and one which allows occupants to step out almost as fresh as they entered thanks to an environment of leather-upholstered, effortless comfort. Features abound, with the likes of a parking package, including a pin-sharp reversing camera, agility control suspension, intelligent lighting, keyless go, heated, powered seats and an electric sunroof. You will also find 12.3in digital dials and a widescreen cockpit display, as well as ambient lighting with a choice of 64 colours. On the practicality front, there is a generous 520-litre luggage bay, with powered boot lid. The marque has long held a reputation for top build quality and mechanical strength, and the CLS certainly evinces that feeling of automotive integrity.

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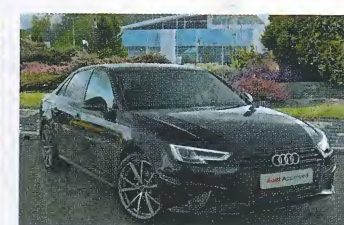
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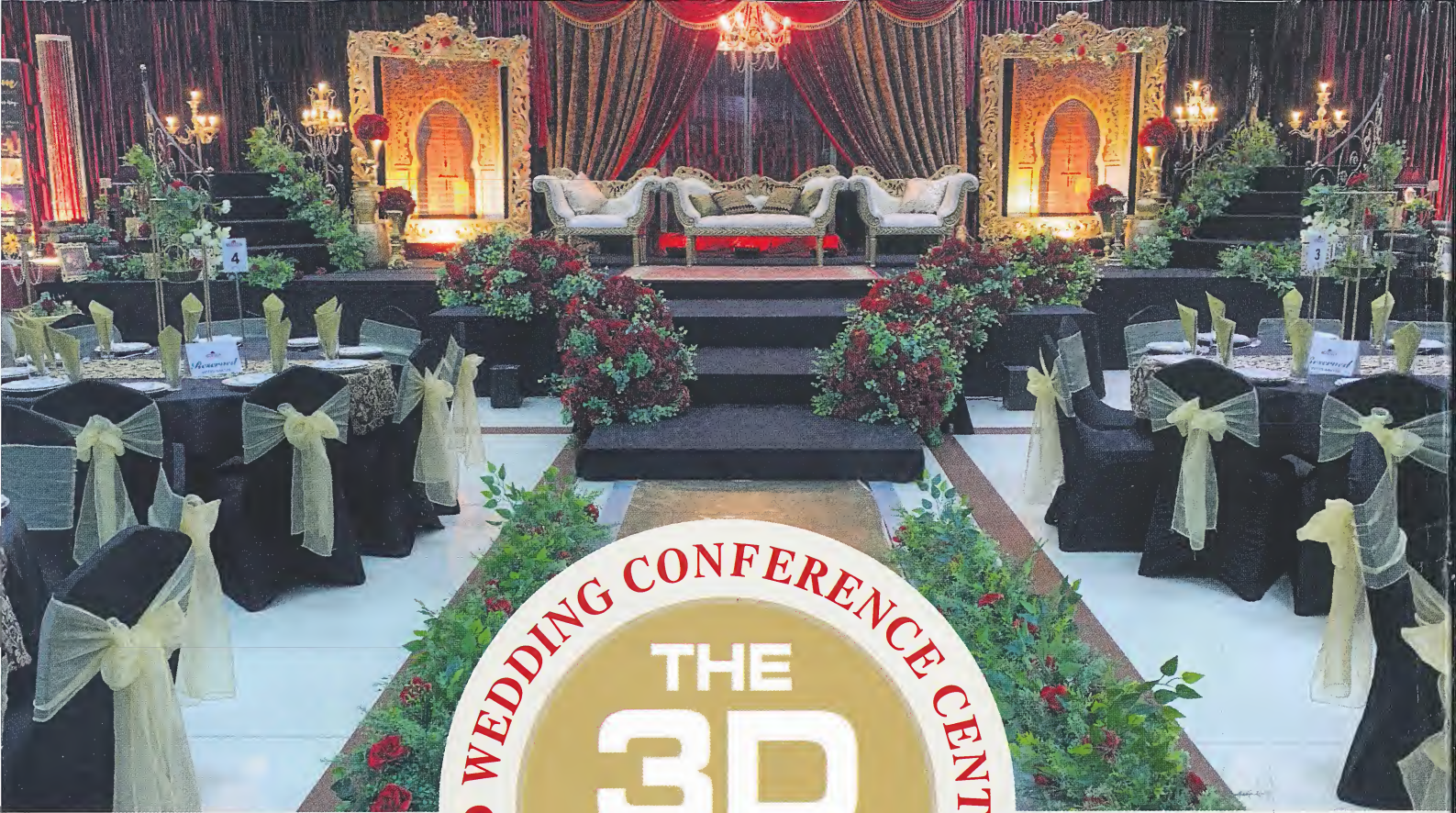
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